

HEART HEALTHY EATING CHALLENGE

City of Fond du Lac Wellness Challenge

February 18-22

American Heart Month

As February brings all things heart related, its only common sense that it was chosen for American Heart Month. In 1963, this month became the first where a presidential proclamation was made to acknowledge the researchers, physicians, public health professionals and volunteers who spend their time in preventing, treating and researching heart disease – the leading cause of death for both men and women in the United States.

The City of Fond du Lac Wellness Committee has created a Heart Healthy Eating Challenge to help our employees and their families take the first step in obtaining or maintaining a healthy heart.

7 Steps to a Healthier Heart



THE CHALLENGE:

10 winners will receive \$20 gift cards to Festival Foods!

Monday

Meatless Monday

DON'T EAT MEAT ALL DAY

Tuesday

Mediterranean/DASH Diet

READ UP ON THE MEDITERRANEAN OR DASH DIETS

Wednesday

Avoid Saturated Fats

EAT THIS, NOT THAT

Thursday

Excessive Sodium

EAT THIS, NOT THAT

Friday

Have More Whole Grains

EAT THIS, NOT THAT

Submit a sheet with written name and signature.

Include 3 simple "I learned..."

Statements* to be entered into the drawing to win!

More recipe links and information under the HR Wellness tab online!

**Please note on your sheet if you would not like your statements shared in the next newsletter!*

Heart Health and the HRA

Every year, City of Fond du Lac employees and their spouses are able to participate in a Health Risk Assessment (HRA). One of the many reasons for this is to provide employees with their blood pressure, cholesterol, triglyceride, and various other levels to keep them informed.

5 Numbers that could Save Your Life

Blood Pressure

Healthy = Under 120/80 mm Hg

Cholesterol

Healthy = Under 200 mg/dL

Triglycerides

Healthy = Under 150 mg/dL

BMI

Healthy = Between 18.5 and 24.9

Blood Glucose

Healthy (non-diabetic) = Between 70 and 100 mg/dL

Healthy (diabetic) = Between 70 and 130 mg/dL



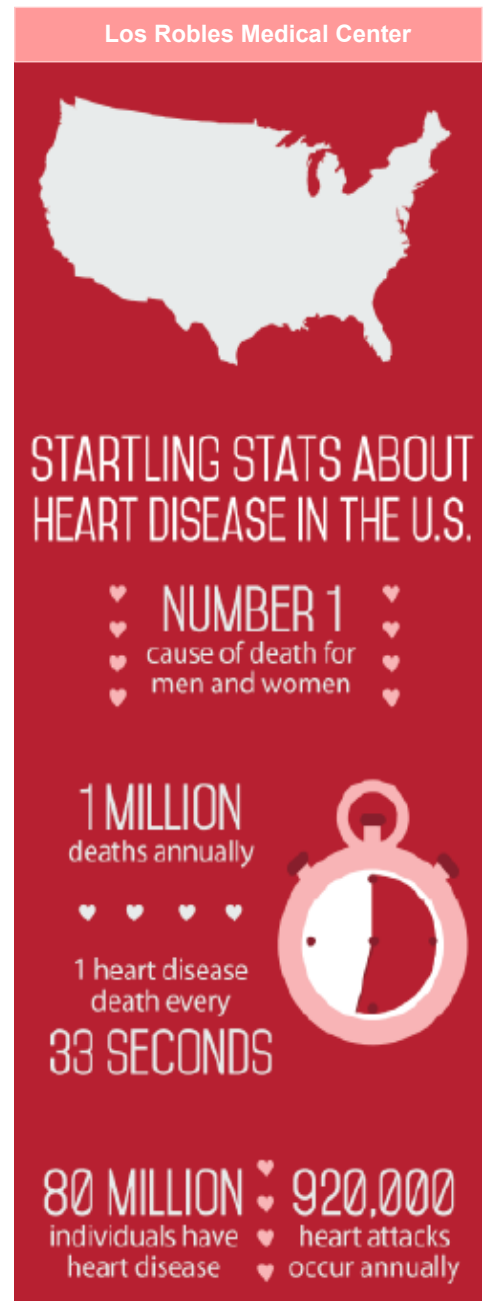
MONDAY (2/18)

Benefits:

1. Reduce Heart Disease: reducing saturated fats can keep your cholesterol low and cut risk of cardiovascular disease.
2. Improved Nutrition: eating veggies and whole grains increases your fiber intake and provides essential nutrients.
3. Save Money: meat is more expensive than ingredients used to make meatless meals.
4. Fight Diabetes: research suggests that plant-based diets, especially those low in processed meat, can reduce your risk of type 2 diabetes.
5. For Our Planet: an estimated 1.800 to 2.600 gallons of water go into a single pound of beef. Far more than water needed for veggies or grains.

Meatless Alternatives:

1. Oatmeal: has the protein you need to start your morning off right!
2. Quinoa: substitute your rice or pasta for added protein!
3. Spinach: add spinach to your salads
4. Grilled Eggplant: brush with olive oil, salt and pepper and grill for 3-4 minutes on each side
5. Meatless Burgers: great source of plant-based protein.
6. Veggie flatbread: grilled flatbreads are simple to make and a great way to change up your dinner. Add any combination on vegetables, low-fat cheese, spices, fresh herbs & sauces like pesto or sun-dried tomato basil.



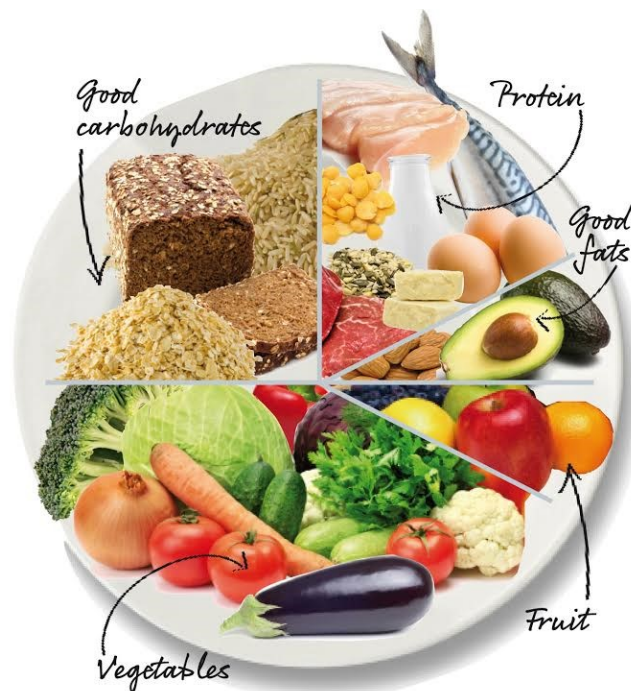
Tuesday (2/19)

The heart-healthy Mediterranean diet is an eating plan based on typical foods and recipes of Mediterranean-style cooking. The diet reduces the risk of heart disease and has been associated with a lower level of LDL cholesterol - the “bad” cholesterol that's more likely to build up deposits in your arteries.

Key Components of the Mediterranean Diet:

- Eating primarily plant-based foods
- Replacing butter with healthy fats such as olive oil
- Using herbs and spices instead of salts to flavor food
- Drinking red wine in moderation (optional)

The DASH diet is a lifelong approach to healthy eating that's designed to help treat or prevent high blood pressure (hypertension). The DASH diet encourages you to reduce the sodium in your diet and eat a variety of foods rich in nutrients that help lower blood pressure, such as potassium, calcium and magnesium.



Meatless, Mediterranean, and DASH Recipes:

<https://www.meatlessmonday.com/favorite-recipes/>

<https://www.allrecipes.com/recipes/16704/healthy-recipes/mediterranean-diet/>

<https://www.mayoclinic.org/healthy-lifestyle/recipes/dash-diet-recipes/rct-20077146>



American Heart Association



OhioHealth
Discover how the DASH Diet can help you manage your blood pressure at blog.ohiohealth.com

Eat This, NOT That

Wednesday (2/20)

Saturated fats occur naturally in many foods. The majority come from animal sources, including meat and dairy products.

Eat at least 8 oz. of non-fried fish each week. Choose fatty or oily fish like tuna or salmon to get essential omega-3 fatty acids.

Think about limiting your intake of red meat. Try fish or chicken instead as they have 5 times less saturated fat.

Much on unsalted nuts and seeds for good fats, energy, protein, and fiber. Almonds, sunflower seeds, and pistachios are great choices!

Unfortunately we live in the state of cheese! Cheese is high in saturated fats and sodium and high consumption can lead to heart disease.

Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.

Dark chocolate has 7g of saturated fat in 1 oz.. That is 54% of what is recommended.

Olive oil is a basic ingredient that you can drizzle on salad, pasta and bread.

Vegetable/Canola Oil is high in saturated fat and can increase risk for heart

Thursday (2/21)

There are many negative effects of excessive sodium on your health. These include high blood pressure, which leads to increased risk of stroke, heart failure, and an enlarged heart muscle.



Try using herbs, spices, garlic, vinegar, or lemon juice to season foods and skip the salt altogether.

Eat plenty of fresh or frozen vegetables instead of the canned versions that may contain sodium.

Eat less highly processed foods (cheese), cured meats (bacon, deli), and ready-to-eat foods (canned soups, ravioli). These are all high in sodium.

Choose fat-free or low-fat milk and yogurt in place of cheese. Choose fresh meats instead of canned, deli, or sausage styles.

Foods like soy sauce, ketchup, and many salad dressings are high in sodium. Choose low-sodium options if available.



Friday (2/22)

The most valuable component in whole grains is fiber! Eating too little fiber is associated with obesity, which can lead to heart disease, diabetes, and joint problems.

Try substituting quinoa, whole-wheat bagels, a whole-grain cereal such as Cheerios or Fiber One, and whole-wheat pasta!

Try cutting back on white rice, white bagels, sugary cereals, and white pasta.

Popcorn is a whole grain that can be a delicious snack. Make it with little or no added salt or butter.

Think about the lack of fiber and excess salts and fats in potato chips and other salty snacks.

Use whole grains in mixed dishes, such as barley in vegetable soups or stews.

Try to avoid the pasta all together and opt for a healthier soup option.

Read the ingredients list and choose products that name a whole-grain first on the list. Look for "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," "whole rye," or "wild rice."

Don't get fooled at the grocery store..